



## Reconnect to Your Health

*In order to stay healthy,  
you need:*

- \* Physical examination
- \* Colorectal cancer screenings
- \* Shots—flu, pneumococcal and Hepatitis B
- \* Bone mass measurements
- \* Breast and cervical cancer screenings
- \* Diabetes screenings
- \* Cardiovascular screenings
- \* Glaucoma tests

To \_\_\_\_\_  
Thanks for taking  
care of me ~  
Now please  
take care  
of you!

From \_\_\_\_\_

Eat Better Move More Visit Your Doctor  
Relax and Take Care of Yourself  
You're Worth It!

[www.womenshealth.gov](http://www.womenshealth.gov)  
1-800-994-9662



## Talk to Your Doctor Today ~ Don't Delay!

Medicare Now Covers Prescription Drugs  
\* Medicare-covered preventive services



[www.medicare.gov](http://www.medicare.gov)  
1-800-MEDICARE